

WOMEN   
*for a Healthy*  
ENVIRONMENT

**INDOOR**

**AIR QUALITY**



# Indoor Air

# Quality & Health

**Poor ventilation** is said to cause half of all indoor air problems.

**Indoor air** often has higher levels of toxins and pollutants than outdoor air.

**Emissions from industrial sources**, such as coke plants, enter the home. Report smells on the Smell PGH app!

**Toxic fumes**, also known as **volatile organic compounds (VOCs)** are found in paint, stains, adhesives, carpet, cosmetics, cleaning fluids, and air fresheners. They are emitted from products found around the home, school & office.

**Many fragrances also contain toxic chemicals.** Reduce the amount of products you use that contain the mystery ingredient, "fragrance," which can contain over 3,000 different chemicals.



## CHANGE YOUR FURNACE/AC FILTER

every 3 months and vacuum carpets regularly (with a HEPA vacuum). **Dust frequently** to remove toxins that off-gas from upholstered furniture.

## HOUSEPLANTS CAN IMPROVE AIR

such as an aloe vera, snake plant or peace lily. Water only when necessary.



**TEST FOR RADON.** This naturally occurring gas is a leading cause of lung cancer. **Seal leaks** in the home (roof, foundation, basement, etc).

**AVOID PEST SPRAYS** - the fumes can linger for years! Reduce sources of food, water and shelter for pests in your home.



## SKIP AIR FRESHENERS & PARAFFIN CANDLES.

Make your own scent with fresh flowers, citrus peels or cloves. Seek candles made from beeswax or soy.

**USE LOW OR NO VOC PAINTS, GLUES, AND ADHESIVES.** Opt for hard-surface floors.



**ELIMINATE SMOKING** in the home and **avoid wood-burning** fireplaces.

**CLEAN WITH NATURAL PRODUCTS** such as vinegar, baking soda, lemon & hydrogen peroxide. Vinegar and baking soda are effective cleaners and deodorizers.



Women for a Healthy Environment

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